

Chapter 1 : How to Prevent a Potential Rape (with Pictures) - wikiHow

Only a small percentage of rape education programs are designed specifically for men, but review of this limited body of work suggests three primary conclusions.

A Short History of Quarantine As soon as Kendra stepped foot on the campus of the University of California, Santa Barbara, she was inundated with advice about how not to get raped. At her first dorm meeting, the resident advisors had lots of information. After Kendra was sexually assaulted, she often thought back to that advice. Did she not do enough to prevent her own rape? In the late s, when Kendra was raped, sexual assault prevention was in its infancy. Little information existed about how men and women could work to stop rape. Those stories that make the news are likely only a small fraction of those assaults reported, and only a minority of victims ever makes a formal complaint to police. The math is almost overwhelming: Support Provided By Learn More For decades, the issue was swept under the rug and blamed on the victim. Few wanted to talk about the issue, and even fewer were willing to do so publicly. But after several high-profile sexual assault cases, such as the rape of a high school girl in Steubenville, Ohio, in which the perpetrators videotaped and broadcast the incident online, people have begun slowly, haltingly, to talk about the issue. Many of the discussions return to the same question: Scientists have begun tackling the issue of sexual assault as well. Some are developing educational measures to change the attitudes of would-be perpetrators and help bystanders intervene in potentially dangerous situations. Other researchers are taking a different approach, by devising new methods to detect spiked drinks. **Drug Testing** One night at a party, suspecting her drink has been drugged, a woman surreptitiously dips a painted fingernail into the drink. It changes color, proving her hunch was correct. The story may be hypothetical, but the nail polish is not. This spring, a group of four students at North Carolina State University announced they had developed such a product—“one that changes color when it comes into contact with drugs like Rohypnol also known as roofies , Xanax, and GHB, which are commonly used to facilitate rape. The founders, all materials science and engineering students, developed the nail polish after bonding in their Engineering Entrepreneurs Program. The money, along with funds raised on their website, has allowed them to hire a social media manager and a chemist to work on the still in-development product. An Israeli team working at Tel Aviv University has proposed a color-changing swizzle stick that you could use to stir your drink and would indicate if GHB, Rohypnol, or ketamine were present. While the swizzle stick and nail polish both show promise, the only product that is currently available is a coaster by a Tallahassee, Florida, company called Drink Safe Technologies. The coaster, says company president and owner Lance Norris, banks on the fact that most of us slosh and spill our drinks. Place this coaster under your drink and the test strips will turn from green to blue in the presence of GHB or pink to blue in the presence of ketamine. Not one to spill your drink? You can easily drip some liquid on the coaster with a finger or a straw. Recieve emails about upcoming NOVA programs and related content, as well as featured reporting about current events through a science lens. Email Address Zip Code Subscribe As Norris sees it, the coaster has several advantages over nail polish and swizzle sticks. The compound, he says, is now rarely used to spike drinks since a formulation change made it slow to dissolve while giving the solvent a blue tint. Although statistics on how frequently any compound is used to incapacitate a potential rape victim are scarce, the coasters do test for two of the most common compounds. A study in the British Journal of Criminology reported that nearly half of American and British university students surveyed reported that they knew someone who reported a spiked drink, though an Australian study found that, of 97 people who went to the emergency room and reported their drink had been spiked, physicians could only identify nine probable cases. Most of them were simply intoxicated. Certainly, plenty of firsthand reports show that drug-facilitated sexual assault can and does occur, but no one can say for sure how frequently it happens. Changing the Conversation Traditionally, the work of rape prevention has been placed on the shoulders of potential victims. This group is generally female, although men can be and are raped. When Undercover Colors first hit the news in August, many rape prevention and survivor advocacy groups criticized the product. The onus for preventing rape, they argued, should be on the shoulders of the potential perpetrators, not potential victims. These advocates feel

that saying a victim could have used these devices all too easily becomes they should have used these devices. This self-blame for her own rape only fueled her binge drinking, her eating disorder, and her low self-esteem. It took years for her to shift the blame from herself to her rapist. Norris agrees that a victim should never be blamed for an assault, regardless of whether they choose to use a coaster or other device. Berkowitz takes a similar view. Undercover Colors responded to the commentary in a statement on their Facebook page. In effect, we want to shift the fear from the victims to the perpetrators. He has been fighting rape since long before any high-tech gadgets appeared, and he believes that changing the mentality of would-be perpetrators and potential bystanders will have a much more lasting effect. Foubert, a professor of higher education and student affairs at Oklahoma State University, began his career in the 1980s by showing male fraternity members a video of a rape victim describing their experience. As part of the same intervention, he also talked to the fraternity members about how to support a friend who had been raped. A study in the *Journal of College Student Development* found that men who went through the program showed a lower intent to rape. A similar study in the same journal showed identical results. After the training, men believed fewer myths about rape, and their attitudes toward survivors shifted. Foubert has begun expanding the programing to women and those in the military. Early interventions like this may be key to reducing the incidence of rape and sexual assault. Psychological studies of rapists reveal a rather heterogeneous group, although several common elements emerge. Many rapists are experts at rationalizing their behavior and are more likely to commit rapes in areas where the crime is underreported. Alcohol is used in many rapes, both by the perpetrator and the victim. Fewer still are prosecuted and result in convictions. Whether or not gadgets like color-changing nail polishes and test-strip coasters will do much to prevent sexual assault remains to be seen, and it may be even harder to prove. But they may help in a different way. And that might be the first step towards prevention. Not only do universities and other organizations need to include men and women in this dialogue, they also need to make resources available to people who are sexually assaulted.

Chapter 2 : New Study Suggests College Rape Prevention Programs Don't Work - calendrierdelascien

Remember, although being aware of your surroundings and knowing how to defend yourself is important, rape is ultimately the rapist's fault, not the victim's. This article is not meant to justify a rapist's actions in any way—it simply provides tips that can help you feel safer.

Be an Active Bystander Sexual assault and relationship abuse impact many people on college campuses. College aged men and women also experience relationship abuse at high rates. As a bystander, you may wonder what you can do to help. However, learning to recognize the signs when someone is in danger and stepping in to help prevent it is important. This is called being an active bystander. Active bystanders learn how to recognize and safely intervene in potentially dangerous situations. Sometimes this means distracting someone who appears to be targeting someone who is too drunk to consent. Other times, it means reaching out to UNH staff or the police for help. Some simple steps to becoming an Active Bystander: Be aware of your surroundings. Do I recognize that someone needs help? See yourself as being part of the solution to help. Educate yourself on what to do. Take action but be sure to keep yourself safe. How to Intervene Safely: Being with others is a good idea when a situation looks dangerous. Provide options and a listening ear. What can my friends and I do to be safe? Act as a community. Remember these tips when you are out Do you feel like drinking? Are you interested in hooking up? Where do you want to go? Having a clear plan ahead of time helps friends look after one another. Go out as a group and come home as a group; never separate and never leave your friends behind. Watch out for others. If you see a friend coming on too strong to someone who may be too drunk to make a consensual decision, interrupt, distract, or redirect the situation. If you are too embarrassed or shy to speak out, get someone else to step in. Being a part of the UNH community means living by a collective standard: The standard that we relate to each other with respect and responsibility. All UNH students, faculty and staff, with particular attention to First Year students, will receive constant messaging that will teach them what it means to be a Wildcat.

Chapter 3 : Sexual Violence

Being Proactive, Prevention-Oriented: Reducing the Risk of Sexual Victimization and Promoting Healthy Development
By Kevin M. Powell, Ph.D., Guest Blogger For the past two and a half decades I have been providing mental health services to children and adolescents who have been sexually abused, as well as treating children with sexual behavior.

URL of this page: This includes rape forced penetration and unwanted sexual touching. Sexual assault is always the fault of the perpetrator person committing the assault. It is not only up to women to prevent sexual assault. Sexual abuse prevention is the responsibility of all individuals within the community. You can take steps to stay safe, while enjoying an active and social life. The key is to learn more about the issue and follow practical tips to protect yourself and your friends. Information According to health experts, we all have a role to play in helping to prevent sexual assault. Everyone should take steps to work against sexual violence in the community. If you hear someone making light of sexual violence or condoning it, speak up. If you see someone being harassed or assaulted, call the police right away. Help create a safe workplace or school environment. Ask about workplace or school programs that deal with sexual harassment or assault. Know where to go to report harassment or violence against yourself or others. If you know a friend or family member who is in an abusive relationship, offer your support. Put them in touch with local organizations that can help. Tell children that they get to decide who can touch them and where - even family members. Let them know they can always come to you if someone touches them inappropriately. Teach children to respect others and to treat other people the way they would like to be treated. Teach teens about consent. Make sure teens understand that any sexual contact or activity needs to be agreed to by both people freely, willingly, and clearly. Do this before they start dating. This may be as simple as interrupting a conversation or offering food or drinks at a party. Ask if the person at risk if they are in trouble and need help. Refer to an authority. It may be safest to talk with an authority figure who can help. Enlist help from a security guard, bar bouncer, employee, or RA. If needed, call or your local emergency number. Have a friend come along with you to ask the person if they are OK. Or ask someone else to intervene if you feel they might be able to do so safely. Approach friends of the person at risk to see if they can help. When out by yourself: Avoid being alone with people you do not know or do not trust. Be aware of where you are and what is around you. When you are out, do not cover both of your ears with music headphones. Keep your cell phone charged and with you. If needed, make sure you have cash or credit cards for a cab ride home. Stay away from deserted areas. Try to appear strong, confident, aware, and secure in your surroundings. At parties or in other social situations, here are some common sense steps to take: Go with a group of friends, if possible, or keep in contact with someone you know during the party. Avoid drinking too much. Know your limits and keep track of how much you are drinking. Open your own beverages. Do not accept drinks from someone you do not know and keep your drink or beverage close to you. If you think you have been drugged, tell a friend and leave the party or situation and get help right away. Do not go somewhere alone or leave a party with someone you do not know or feel comfortable with. Get to know someone well before spending time alone together. Spend the first few dates in public places. If you are with someone you know and your instincts tell you something is wrong, trust your feelings and get away from the person. If you find yourself in a situation where you are being pressured into sexual activities you do not want, things you can do include: State clearly what you do not want to do. Remember, you do not have to do something you are not comfortable doing. Remain aware of your surroundings and how you can get away if needed. Create a special code word or sentence you can use with a friend or family member. You can call them and say it if you are being pressured into unwanted sex. If you need to, make up a reason why you need to leave. You may want to consider taking a self-defense class. This may boost your self-confidence and provide useful skills and strategies for different situations.

Chapter 4 : Your Role in Preventing Sexual Assault | RAINN

Safety and Prevention You can take an active role in increasing your safety or the safety of those you care about. While there's no way to eliminate the chance that something may happen, there are strategies that may reduce your risk or give you the confidence to step in to prevent a sexual assault.

And we can agree that employees should not sexually harass arrestees, and safeguard those in their custody. Passed unanimously by both houses of Congress in , PREA addresses the sexual abuse of individuals in custody, regardless of whose custody. The Standards Draft What should have the attention of law enforcement executives are the forty-two standards drafted [iv] and released by NPREC in June , and now being finalized. Attorney General, now scheduled for June Attorney General Holder then has one year to review the proposals and issue final standards. Holder will approve, paying attention to the Commission and their activities is a good idea. Lawsuits alleging sexual misconduct involving officers come from across the country, and agencies have lost millions in this litigation, not to mention the potential loss of trust by the community they serve. Examples of misconduct have included: A former sheriff pled guilty in federal court to sexually assaulting a woman, telling her sex was the only way to avoid going to jail for drug possession. Officer found guilty of state ethics charges for offering to dismiss or not give tickets in exchange for sex, and sentenced to three years jail time on each count. Officers solicited sexual favors from detainees in return for their freedom. A former police lieutenant has been accused of forcing a transvestite prostitute to perform a sex act inside his patrol car. A woman arrestee was handcuffed and separated from those with whom she was arrested; and one of the three arresting officers told her that if she had sex with him she could avoid criminal charges. The same officer was also accused of the same behavior previously. Having another unfunded mandate in these economic times may result in more frustration for law enforcement executives. But being proactive is a wise action. The reality is that individuals impaired by drugs or alcohol and facing arrest can and do offer all kinds of inducements to officers “ and the question is do officers always decline these invitations? Lock-ups and holding areas are often not the safest environment for arrestees, especially considering the mental health and physical condition of many arrestees, the impact of alcohol and drugs on these arrestees, and the presence of individuals who have violent criminal histories, literally sitting beside a person with a first time, non-violent charge who is waiting for bail to be posted or a family member to arrive. PREA mandates looking beyond the arrest situation to lock-ups or short term holding facilities in which arrestees are not screened nor segregated by the potential dangerousness they pose to other arrestees. Collection and analysis of data to track incidents of sexual abuse. Provision of services to arrestees who allege they are victims of sexual abuse while in agency custody. These represent the basic concepts needed to protect employees and arrestees from sexual abuse and exploitation regardless if PREA was enacted. They are good management practices. Conclusion Law enforcement organizations take extraordinarily measures each day to protect the public, arrestees and their own employees from harm. Reviewing the mandates of PREA and looking objectively at agency operations is another way to protect and serve. Other accrediting bodies have, or will be developing standards relating to PREA mandates. CALEA may wish to join that effort, and work to further professionalize member departments. Contact of any person without his or her consent, or of a person who is unable to consent or refuse; and contact between the penis and the vagina or the penis and the anus including penetration, however slight; or contact between the mouth and the penis, vagina, or anus; or penetration of the anal or genital opening of another person by a hand, finger, or other object. Excluding incidents in which the intent of the sexual contact is to harm or debilitate rather than sexually exploit. Any behavior or act of a sexual nature directed toward an inmate by an employee, volunteer, official visitor, or agency representative. Romantic relationships between staff and inmates are included. Consensual or nonconsensual sexual acts include: For more information, contact CIPP at: She may be reached at:

Chapter 5 : Safety & Prevention | RAINN

DOWNLOAD PDF PREVENTION OF RAPE : BEING PROACTIVE

On average there are over , victims (age 12 or older) of rape and sexual assault each year in the U.S. The majority of these crimes are committed by someone the victim knows. Given these circumstances, it's important to recognize the role bystanders can play in preventing crimes like sexual assault.

Chapter 6 : Sexual assault - prevention: MedlinePlus Medical Encyclopedia

2. Take a self defense class. The idea that women can prevent rape by learning to physically defend themselves is a deeply entrenched trope that emerged again this week, after a contestant for.

Chapter 7 : Preventing Sexual Assault on College Campuses | PACT5

Rape prevention work needed, says senior police officer. 2 December Police in England and Wales are being urged to be more proactive in their efforts to prevent rapes.

Chapter 8 : Rape prevention work needed, says senior police officer - BBC News

Sexual Assault Prevention: Preventative Measures to Help Avoid a Risky Situations from Escalating. Anyone can be the target of sexual assault, regardless of age, gender, race, ethnicity, sexual orientation, sexual history, or social class.

Chapter 9 : What the Prison Rape Elimination Act Means for Law Enforcement and CALEA | CALEA®

A searchable nationwide database of sexual assault prevention and rape crisis centers can be found on the RAINE (Rape Abuse Incest National Network) homepage. Proactive Steps for Students From Not Alone and It's On Us to Carry That Weight and Culture of Respect, there are a growing number of organizations across the United States designed to.